

## State of Michigan Blood Challenge FAQ Sheet

1. Q-- If an employee donates twice (or possibly more times) per quarter, will they be entered into the quarterly prize drawing with each donation?

A-- **Absolutely YES! We want to reward each donation and give employees more opportunities to win.** The employee's name will be entered for each donation into the drawing for the quarter in which they donate. For example, if I donate Nov. 7, 2005 & Jan. 20, 2006, my name will be entered twice in the 1st quarter (11/01/05-01/31/06) drawing.

2. Q-- I usually donate "double reds" where they take 2 pints of red blood cells each donation. Does this count as 2 donations?

A-- **A double red donation will be counted as two donations and you will be entered twice into the drawing during the quarter you donated.**

3. Q-- For those that give apheresis, will their donation count? The ARC counts them on the donor's card towards their # of pints. Platelets and plasma are important life-savers too! Platelet donation, or 'Apheresis' is also a badly needed service. It takes about two hours, is done at the Red Cross and you have your own TV to watch!

A-- **All participating blood collection agencies are happy to accept apheresis donors at their apheresis locations. Apheresis donations use automated equipment to separate a specific blood component such as platelets from the rest of the blood, which is then returned to the donor. These donations require slightly more time than a whole blood donation and usually occur only at specific donation locations. Apheresis donations are important and are counted toward the State Employee Blood Challenge.**

4. Q-- If I donate blood at the Red Cross rather than at one of the worksite or community locations, can I still qualify for the challenge prize drawings, etc.? When you donate, what do you do with the Blood Challenge form?

A-- **For any participating blood collection organization, the *Blood Challenge ID cards* may be handed to blood drive staff or mailed to the appropriate collection agency. The Blood Challenge ID card can be used at any drive to qualify the donation for the Challenge.**

5. Q-- I used to be frequent blood donor- until two years ago. A new rule came out that if a person has lived in Europe (I served in the Army in Germany) since the mid 80's - then they are no longer eligible to donate. Apparently there may be a slight possibility of having mad cow disease dormant after 20 years still in me. I would really like to donate- if this can be changed.

A-- **Some of the restrictions have been lifted for travel to Europe. You may contact any of the blood agencies to ask if your travel is still a reason for deferral. (See [www.michigan.gov/bloodchallenge](http://www.michigan.gov/bloodchallenge) for contact information.) The travel restrictions were developed by the Food and Drug Administration. Therefore, changing the regulations can not be done by the blood agencies.**

6. Q-- There are no blood donation sites at any of the 5 Ionia prisons. Send a Bloodmobile.

A-- **There are community drives offered in Ionia monthly at either the Knights of Columbus or at the Moose Lodge. We are currently working to schedule a drive at one or more of the Ionia prisons. If a drive is added, it will be listed on the SOM website.**

7. Q-- If I give my blood for free how much do they sell it for?

A-- All blood collection agencies in Michigan are nonprofit and regulated by the Food and Drug Administration (FDA). Many of the processes and paperwork that happen prior to the blood donation are mandated by federal regulations, and are in place to help ensure the safety of BOTH the blood products and the donor. The blood is provided to the hospitals at a cost that covers the cost of collecting, testing and distributing the product.

8. Q-- I'll be happy to in 2009 after the five years following my last Tamoxifen!

A-- Thank you, we will welcome you back.

9. Q-- I used to give blood. I am one donation short of 10 Gallons. To give blood is not a problem, dealing with the useless preprocessing paperwork the Red Cross uses is a problem. Only testing the blood makes it secure. Have the Red Cross fix their preprocessing process and you will get a lot more donors.

A-- All blood collection organizations are regulated by the Food and Drug Administration (FDA). Many of the processes and questions that occur before the blood donation itself are mandated by regulations and are in place to help ensure the safety of BOTH blood product donors and recipients.

10. Q-- I donate through the Michigan Community Blood Center in Saginaw. I did not see the Traverse City, Saginaw, Bay City, Clare & Gladwin or Midland offices listed on the Donor Card just Grand Rapids. Does that mean the other locations are not participants?

A-- All Michigan Community Blood Centers locations are participating in the *State Employee Blood Challenge*. Grand Rapids was listed because it is the headquarters location. Unfortunately, there was not enough space on the donor card to list all locations for all participating agencies, but be assured that donations at all permanent locations and mobile blood drives for each participating agency will count toward the Challenge.

11. Q-- Can I give blood if I test positive for TB?

A-- Yes

12. Q-- I had hepatitis as a child. How do I find out if I can be a blood donor?

A-- If you had hepatitis prior to age 11, you are eligible to donate. If you need further information contact any of the blood agencies and ask for donor suitability.

13. Q-- I've been giving plasma and platelets through apheresis at the local Red Cross about every two weeks for about 2½ years now. So I am very happy to see the effort now to give SOM employees incentives to give. I'm bummed because if I were to donate whole blood and participate in the challenges, I would soon become ineligible to donate the plasma and platelets. Anyway, I hope your challenges are successful. I read too much that we only have a day's supply, or sometimes only a 4 or 6 hour supply of blood available to our hospitals.

A-- All participating blood collection agencies are happy to accept apheresis donors at their apheresis locations. Apheresis donations are important and are counted toward each donor's total donations.

14. Q-- Hello. I am an employee in Saginaw. It really is a shame that there are no blood drives scheduled in Saginaw, and the only way I can donate is to either wait until the one Sunday available in Lapeer, or take the day off to be able to donate somewhere in the area in which I live. I know that in the Saginaw area, there are no scheduled places and/or somewhat convenient times to be able to donate blood. It seems that one of your staff may want to communicate this to the supervisors and directors of our Agency regarding this area. It was spoken of once in office talk however I don't believe anything ever came of it.

A-- Michigan Community Blood Centers, a participating *Blood Challenge* organization, operates permanent donation locations and conducts mobile blood drives in many Michigan locations including Saginaw, Bay, and Midland Counties. Please visit [miblood.org](http://miblood.org) @ [www.michigan.gov/bloodchallenge](http://www.michigan.gov/bloodchallenge) or call 1-866-MIBLOOD to determine drive and location most convenient for you.

15. Q-- Is there any place to give in the Metro Detroit area other than downtown?

A-- Please go to American Red Cross website [www.givelife.org](http://www.givelife.org) for a list of all drives in the Detroit area or the *State Employee Blood Challenge* website @ [www.michigan.gov/bloodchallenge](http://www.michigan.gov/bloodchallenge) that lists the State-sponsored drives.

16. Q-- I am a temp employee for the state, does that count towards the amount? I donate whenever there is a blood drive here and if I miss it here, I go the center in East Lansing.

A-- If you are currently employed with the State of Michigan, your donation will be counted.

17. Q-- Can you give blood if you are Diabetic?

A-- Yes, but if you are on insulin, you will be asked to specify the type of insulin as certain types are cause for deferral. Contact your local blood agency for further clarification.

18. I am one of the unlucky ones. I have cancer and cannot give blood. As a matter of fact, I take transfusions at times because I run low on red blood cells. You might as well take me off your list. I don't think I am going to be of much help to you.

Cancer is not a cause for permanent deferral. Donors are eligible 5 years after their last treatment.

19. Q-- If I donate blood at the Red Cross rather than at one of the worksite or community locations, can I still qualify for the *Challenge* prize drawings, etc.? When you donate, what do you do with the *Blood Challenge* form?

A-- Donations at all permanent locations and mobile blood drives for each participating agency will count toward the *Challenge* and qualify for the drawings. Blood Challenge ID cards may be handed to blood drive staff or mailed to the appropriate collection agency.

20. Q-- Who qualifies to participate in the State Employee Blood Challenge?

A-- The State Employee Blood Challenge is ONLY open to 'current' SOM employees. Any SOM employee (whether full-time, part-time, on-contract, limited term, on temporary assignment, etc.) is eligible to participate in the Blood Challenge. Family members and retired State workers are encouraged to donate but will not be part of the Challenge. Please contact your local blood collection agency about other donor frequency programs you can participate in.

21. Q-- I am a regular "lifetime" donor (donated 101 times). Our next drive is Oct 25, which is before the kickoff of the challenge. Will this donation count in the challenge?

A-- The State Employee Blood Challenge runs from Nov. 1, 2005 through Oct 31, 2006. We will only be counting donations given during that time period.

22. Q-- What if you go to donate blood and they reject you for one reason or another, can you still enter the drawings?

A-- If you donate or 'attempt' to donate (are deferred) you will be entered into the drawing.

23. Q-- I have been a regular blood donor for some time (almost 2 gallons). Do I have to go to one of the scheduled blood drives to donate in order to participate in the challenge? I donate regularly every 56 days/2 months at the local Red Cross facility. I would like to continue doing that and stay on the same schedule rather than have to hunt for a blood drive during my scheduled time, just to participate in the challenge. Can I present the challenge ID card at the Red Cross facility here in Lansing?

A-- As long as you take the downloadable Blood Challenge donor ID card @ [www.michigan.gov/bloodchallenge](http://www.michigan.gov/bloodchallenge) you can go anywhere in Michigan to donate blood, and participate in the State Employee Blood Challenge starting Nov. 1, 2005 through Oct. 31, 2006. Please continue your regular donation schedule in Lansing at the Red Cross.

24. Q-- I am pleased to see that you are kicking off a State Employee Blood Challenge, beginning November 1, 2005 through October 31, 2006. The list of scheduled blood drives doesn't contain any Bay City sites. How does an individual participate in this worthwhile event from the Bay City area?

A-- Michigan Community Blood Centers, a participating *Blood Challenge* organization, operates permanent donation locations and conducts mobile blood drives throughout Saginaw, Bay, and Midland Counties. Please visit [miblood.org](http://miblood.org) @ [www.michigan.gov/bloodchallenge](http://www.michigan.gov/bloodchallenge) or call 1-866-MIBLOOD to determine the drive and location most convenient for you.

25. Q-- Are there any donor restrictions related to taking prescription meds for management of hyperlipidemia, bipolar disorder, chronic depression, osteoarthritis, hypothyroidism, Lisinopril therapy for diabetes, sleep apnea stimulants like Provigil, allergy antihistamines like Allegra, and acid reflux(proton pump inhibitors)?

A-- These conditions generally are not a reason for deferral. To help answer your questions regarding eligibility go to one of these websites: [http://www.redcross.org/services/biomed/0,1082,0\\_557\\_00.html](http://www.redcross.org/services/biomed/0,1082,0_557_00.html) or [www.givelife.org](http://www.givelife.org). If you have further questions regarding medications, contact the following:

<b>American Red Cross</b>	<b>Michigan Community Blood Centers</b>	<b>Upper Peninsula Blood Center</b>
1-800-968-4283 x 301	1-866-MIBLOOD	1-800-491-4483
<a href="http://givelife.org">givelife.org</a>	<a href="http://miblood.org">miblood.org</a>	<a href="http://mgh.org/blood/blood.html">mgh.org/blood/blood.html</a>

26. Q-- What if I am deferred at the time of donation, do I still get credit for the attempt?

A-- For clarification: to 'present' to donate blood, also means to donate or attempt to donate blood. Whether you donate or 'attempt' to donate (are deferred), you will be entered into the State Employee Blood Challenge drawings.

27. Q-- How do I know where to donate blood?

A-- To identify participating blood collection agencies and locate a blood drive near you, visit the *State Employee Blood Challenge* website @ [www.michigan.gov/bloodchallenge](http://www.michigan.gov/bloodchallenge). All participating agencies post upcoming blood drives and locations on their individual websites, which can be accessed under the category "Community scheduled blood drives" on the *Blood Challenge* website.

28. Q-- If I donate blood at the Red Cross rather than at one of the worksite or community locations, can I still qualify for the challenge prize drawings, etc.?

A-- A SOM employee may donate at any blood drive in Michigan and have it count toward the *State Employee Blood Challenge*. If the blood drive is not at a State of Michigan work location, the donor must bring the *Blood Challenge ID Card* located on the Challenge website, [www.michigan.gov/bloodchallenge](http://www.michigan.gov/bloodchallenge). The *ID Card* should be filled out and handed to one of the blood drive staff at the time of donation. A listing of all blood drives can be found on the above listed website under "Community scheduled blood drives". Use of the *Blood Challenge ID card* at State of Michigan work site blood drives is optional.

29. Q-- Can I donate at any State-sponsored drive or are they only for the employees who work at the site?

A-- To donate at a State-sponsored blood drive, contact the collection agency either by phone or through their website to determine if the drive will accept donors outside of the sponsoring department. Some drives are open to walk-ins and some are only available to donors within that building.

30. Q-- What are the dates of the SOM Blood Challenge?

A-- The *State Employee Blood Challenge* runs from Nov. 1, 2005 - Oct 31, 2006. Only donations or attempted donations given in that time period will be counted toward the *Challenge*.

31. Q-- If I forget my *Blood Challenge ID Card*, how do I get credit for the donation?

A-- If a State employee forgets their *Blood Challenge ID Card*, the cards may be available at each blood drive. Contact any staff member to request an ID card.

32. Q-- How do I qualify for the ball cap that is being given away to participants?

A-- Employees that present to donate two times during the Challenge 12-month period will receive an insignia ball cap with the *State Employee Blood Challenge* logo.

33. Q-- What do I need to do to qualify for the weekend get-away incentives?

A-- A drawing will be held at the completion of each quarter for a weekend get-away package. Donors will be eligible for the drawing if they present to donate during the past three months. (See [www.michigan.gov/bloodchallenge](http://www.michigan.gov/bloodchallenge) 'incentives' for more information.)

34. Q-- How do I qualify for the grand prize drawing?

A-- A grand prize drawing will be held at the end of the *Blood Challenge* for a Mackinac Island getaway. To be entered into the grand prize drawing, an employee must present to donate blood in three of the four quarters of the Challenge, or have completed two 'double red cell' donations in the 12-month Challenge period. (See [www.michigan.gov/bloodchallenge](http://www.michigan.gov/bloodchallenge) 'incentives' for more details.)

35. Q-- Do you know if the restriction for donation still exists on persons who lived in Italy in the 1980's?

A-- The individual would fall under the vCJD guidelines discussed at the following: [http://www.redcross.org/services/biomed/0,1082,0\\_557\\_00.html#tra](http://www.redcross.org/services/biomed/0,1082,0_557_00.html#tra). In particular, they would be deferred indefinitely if they meet one of the two criteria below:

“Traveled to, lived on, or was associated with a military base in Spain, Portugal, Turkey, Italy, or Greece for a total of six months or more from 1980 through 1996.”

“Traveled and/or lived in any combination of the countries listed in 14.4.ja36, vCJD quick reference (Italy is listed)...for a total of five years or more from 1980 through 1996.”

36. Q-- Can an employee use the School/Community Participation Leave for donating blood?

A-- Available school/community participation leave may be used by any non-represented state employee and any union employee whose bargaining unit contract has a provision for school and/or community participation leave. The use of such leave must have prior supervisory approval.

37. Q-- Can you find out, whether the ban on giving blood if you have lived in a country that had 'mad cow' disease is still in effect? It may affect a number of people. When I came back to the states, I was not allowed to give blood. That was almost twenty years ago but it could make a difference.

A-- Persons who have spent long periods of time in countries where "mad cow disease" is found are not eligible to donate. This requirement is related to concerns about variant Creutzfeld Jacob Disease (vCJD).

In some parts of the world, cattle can get an infectious, fatal brain disease called Mad Cow Disease. In these same locations, humans have started to get a new disease called variant Creutzfeld-Jacob Disease (vCJD) which is also a fatal brain disease. Scientists believe that vCJD is Mad Cow Disease that has somehow transferred to humans, possibly through the food chain.

There is now evidence from a small number of case reports involving patients and laboratory animal studies that vCJD can be transmitted through transfusion. There is no test for vCJD in humans that could be used to screen blood donors and to protect the blood supply. This means that blood programs must take special precautions to keep vCJD out of the blood supply by avoiding collections from those who have been where this disease is found.

**At this time, the American Red Cross donor eligibility rules related to vCJD are as follows:**

**You are not eligible to donate if:**

From January 1, 1980, through December 31, 1996, you spent (visited or lived) a cumulative time of 3 months or more, in the United Kingdom (UK), or

From January 1, 1980, to present, you had a blood transfusion in any country(ies) in the (UK). The UK includes any of the countries listed: Channel Islands, England, Falkland Islands, Gibraltar, Isle of Man, Northern Ireland, Scotland, Wales.

You were a member of the of the U.S. military, a civilian military employee, or a dependent of a member of the U.S. military who spent a total time of 6 months on or associated with a military base in any of the following areas during the specified time frames:

- From 1980 through 1990 - Belgium, the Netherlands (Holland), or Germany.
- From 1980 through 1996 - Spain, Portugal, Turkey, Italy or Greece.

You spent (visited or lived) a cumulative time of 5 years or more from January 1, 1980, to present, in any combination of country(ies) in Europe, including:

- in the UK from 1980 through 1996 as listed in above
- on or associated with military bases as described above, and
- in other countries in Europe as listed below:
  - Albania
  - Austria
  - Montenegro (Federal Republic of Yugoslavia)
  - Belgium
  - Bosnia/Herzegovina
  - Bulgaria
  - Croatia
  - Norway
  - Poland
  - Czech Republic
  - Denmark
  - Romania
  - Finland
  - France
  - Slovak Republic (Slovakia)
  - Germany
  - Greece
  - Spain
  - Hungary
  - Ireland (Republic of)
  - Italy
  - Kosovo (Federal Republic of Yugoslavia)
  - Liechtenstein
  - Luxembourg
  - Macedonia
  - Netherlands (Holland)
  - Portugal
  - Serbia (Federal Republic of Yugoslavia)
  - Slovenia
  - Sweden
  - Switzerland
  - Turkey
  - Yugoslavia (Federal Republic includes Kosovo, Montenegro, and Serbia)

Also, you may visit the following for more information:

- 1) **Michigan Community Blood Centers** @ [http://www.miblood.org/giving\\_blood/blood.html](http://www.miblood.org/giving_blood/blood.html)
- 2) **U.P. Regional Blood Center** @ <http://www.mgh.org/blood/blood.html>

**38. Q--** What can I do if I am not eligible to donate?

**A--** While you may be unable to donate blood, there are other ways you can help. You can help organize a blood drive, recruit other suitable donors, or volunteer at fixed sites or mobile blood drives to help make donors' experience a positive one. Monetary donations are another way to help ensure that safe blood can be provided to those who are in need. Learn more @ <http://www.givelife2.org/donor/howtohelp.asp>.